



Dear Coach,

Thank you so much for participating in the 2009 Forest Park Cross Country Festival and welcome to the 2010 edition once again hosted by St. Louis University High School and sponsored by Big River Running Company. Our meet began in 2006 and was the brainchild of SLUH coach Jim Linhares and Big River co-owners Matt Helbig and Ben Rosario. The goal was to create an event that promoted the sport of cross-country by bringing together high school teams from around the region to compete in a fun, fan-friendly environment. Last year's meet saw more than 2,000 athletes from more than 70 teams participate in what has become one of the top meets in the Midwest.

The 2010 version of the Festival will take place on September 12<sup>th</sup> and will feature the same great European Style loop course as well as the music, announcer, chip timing and more that we hope make this meet one of the very best experiences your runners will have in their high school careers. Last year's meet featured schools from around the region and we will once again be bringing in teams from throughout the Midwest for the Festival.

Due to the overwhelming popularity of the meet and to ensure that we have a safe environment for all of the runners, this year's meet will once again feature two varsity divisions for boys and girls. The races will be split by competition level, not school size. Final division lists will be posted on September 1st. You must return the interest sheet in order to ensure your spot in this year's meet.

The meet entry fee will be set at **\$125 per team or \$200 for combined boy's and girl's teams** . Each team may enter up to 9 runners in the varsity division. JV and Freshman races have unlimited entries. Any team with more than 35 total athletes (single sex) competing in the meet will pay an additional flat fee of \$50. Team scoring will be invitational style with the places of the top five finishers for each team comprising the team score. Six and seven runners count as pushers, all others are taken out of team scoring but can receive individual medals. Thank you for your time, we look forward to seeing you in September!

Please check out [www.bigriverrunning.com/fpxc](http://www.bigriverrunning.com/fpxc) for complete details as well as last year's results.

Thank you so much for taking the time to read this letter. If you have any questions at all please feel free to email us or call the stores at 636.394.5500 or 314.832.2400. We are always available.

Happy Running,

Matt Helbig  
matt@bigriverrunning.com

Jim Linhares  
linhares@sluh.org

Ben Rosario  
ben@bigriverrunning.com

Joe Porter  
jporter@sluh.org